



### Product Spotlight: Dill

A beautifully fragrant herb, dill is good for calming the digestive system and preventing infection, among its many other benefits.



## Salmon Fillets with Dill Potato Salad

Salmon fillets mildly spiced served with a potato salad tossed in a dill and shallot yoghurt dressing with fresh and crunchy radishes and lettuce.



20 minutes



2 servings



Fish

## Switch it up!

*Switch the yoghurt for mayonnaise or aioli if preferred. You can also add boiled eggs and sliced celery to the potato salad to bulk it up.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	28g	57g

## FROM YOUR BOX

MEDIUM POTATOES	3
DILL	1 packet
SHALLOT	1
NATURAL YOGHURT	1 tub
SALMON FILLETS	1 packet
RADISHES	1 bunch
BABY COS LETTUCE	1

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika

## KEY UTENSILS

frypan, saucepan

## NOTES

Boil kettle and cover potatoes with hot water to speed up the cooking time.

Use radishes to taste. Soak radish slices in a bowl of cold water to reduce their peppery flavour. Drain well before adding to the bowl.

Thoroughly wash lettuce leaves to remove any hidden sand or dirt.



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### 1. BOIL THE POTATOES

Dice potatoes. Place in a saucepan and cover with water (see notes). Cover and bring to a boil. Simmer for 10–15 minutes until tender. Drain potatoes.



### 2. PREPARE THE DILL YOGHURT

Roughly chop dill (including tender stems) and finely dice shallot. Add to a large bowl along with yoghurt, **1 tbsp olive oil, 1 tbsp water, salt and pepper**. Mix to combine.



### 3. COOK THE SALMON

Heat a frypan over medium-high heat. Coat salmon with **oil, 1 tsp paprika, salt and pepper**. Add to pan and cook for 2–4 minutes each side until cooked to your liking.



### 4. PREPARE THE VEGETABLES

Scrub and thinly slice radishes (see notes). Add to bowl with dill yoghurt.

Pull apart lettuce leaves and roughly tear or chop.



### 5. TOSS THE POTATOES

Add drained potatoes to dill yoghurt and toss to combine.



### 6. FINISH AND SERVE

Arrange lettuce leaves on a platter. Top with potato salad. Serve tableside with salmon fillets.

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